CIGARS CIGARS CIGARS

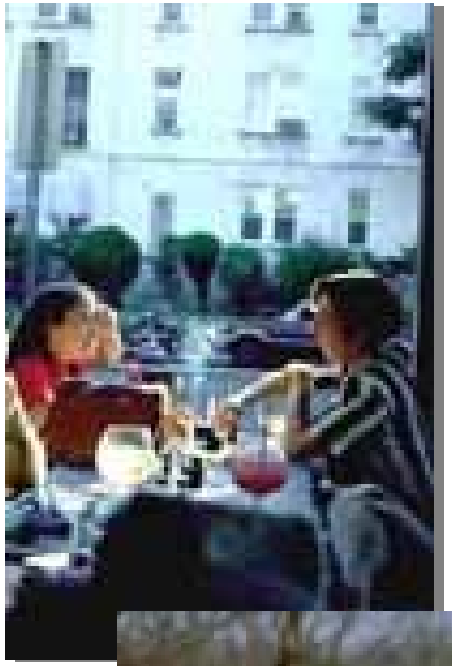
Cigars promoted by Tobacco Companies as

- Cool & Sexy
- Manly
- Trendy & Chic
- For the Affluent
- To Celebrate

Results of Marketing

- Huge increase in usage among Teens, Adults, Women and the Military

- Big Profits $$$ for Cigar Companies



Effects of Cigar Promotion

- **Acceptable** to smoke cigars…
- **Hooked** thousands on Cigars!
- **$Millions$** spent on cigars
- Major **Dental & Health Problem!**

Cigar Myths

- May switch from cigarettes to cigars without a problem
- Safe and Healthy Product
- Safe alternative to smoking cigarettes
- N

All are FALSE!

Health Effects of Cigars

- Increased Cancer Risks- Lung, Oral, Laryngeal, Esophageal
- Increased Risk for Diseases- CHD,COPD,Aortic Aneurysm etc…
- Environmental Pollution!

Lung Disease

Surgeon General's Warnings

- Cigar Smoking can cause Cancer and Heart disease!
- Tobacco use increases the risk of infertility, stillbirth, and low birth weight.

Cigars- Short Term Effects

- Harmful to the health of those around you!
- Bad Smell and Odors!
- $Costs$
- Poor Role Model

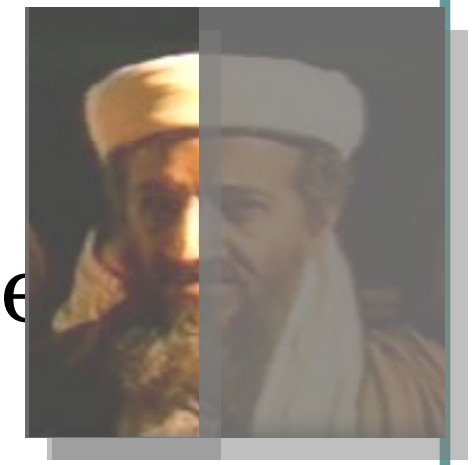
Cigars Stink

What smells so?
Has somebody been burning a rag, or is
there a dead mule in the backyard?

No, the man is smoking a five cent cigar

-Eugene Field

Effects on Military Readiness



- Decreased fitness
- More injuries among smoke
- Reduction of night vision
- More illnesses among smokers
- Lost work time & lost productivity due to smoking breaks

Cigar Question???

Do you really want to be next to a shipmate going through nicotine withdrawal during stressful times or combat?

What the Navy's Top Doctor Says……..

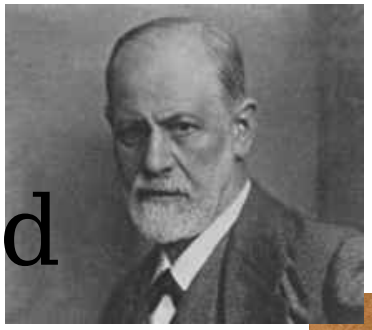
- Tobacco is Harmful to your Health!!!
- Quit!

VADM Don Arthur

Famous Persons Who Have Died From Smoking Cigars

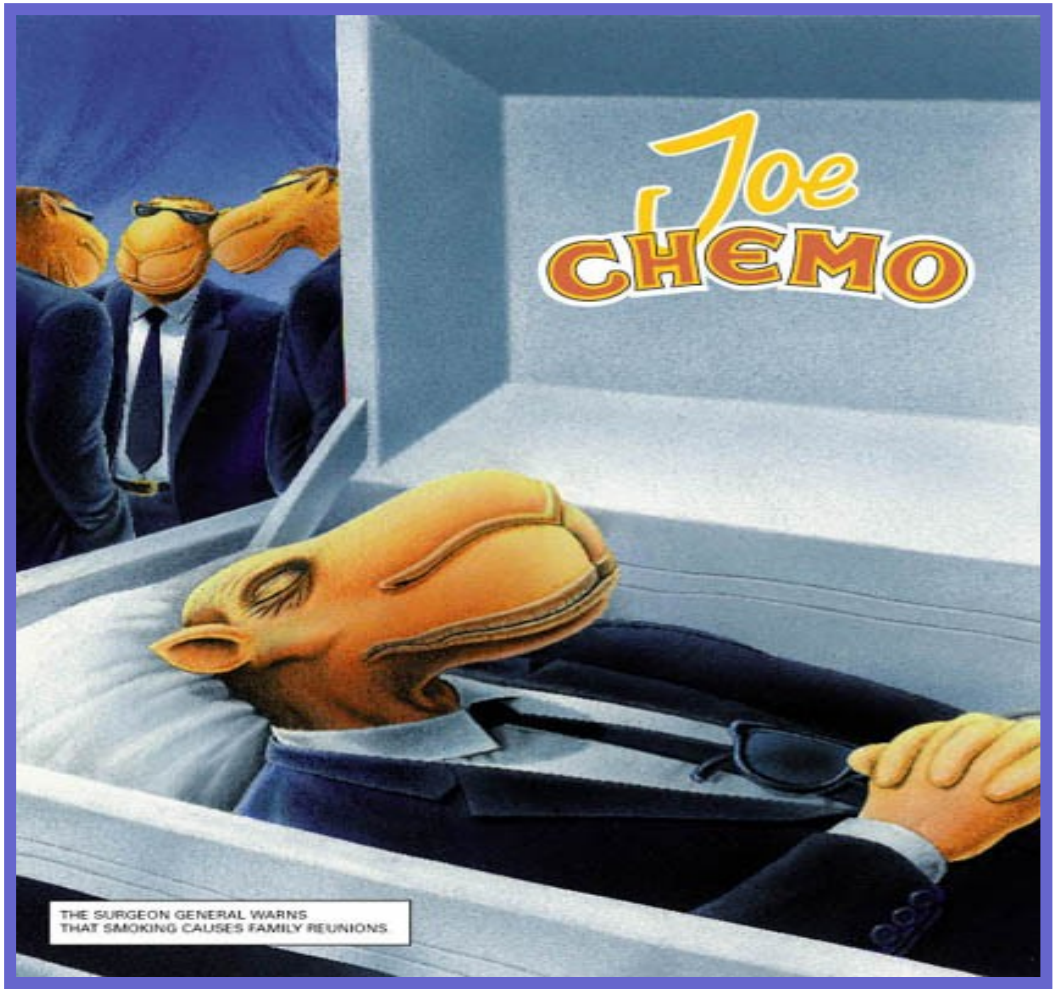
- Babe Ruth

- Dr. Sigmund Freud



- President Ulysses S. Grant

Joe Cigar


Joe
CHEMO
THE SURGEON GENERAL WARNS
THAT SMOKING CAUSES FAMILY REUNIONS

Long Term Effects

- Suffering and Pain due to the toll of Illnesses and Diseases
- Financial Costs$
- Underestimating Own Personal Risks

Another Reason To Quit!

- **IMPOTENCE** in Men!
- **SMOKING REDUCES**

  SEXUAL ABILITY!

Another Reason to Quit!

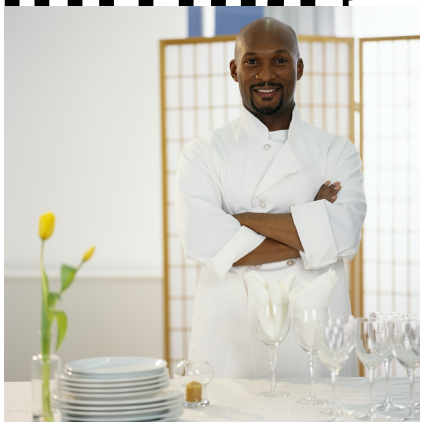
”The best thing to do is to give cigars to your enemy”

Reason for Quitting

- What will you do with the money that you save?

Benefits of Quitting

What Are Your Reasons for Quitting?



What Can I Do?

- Decide to say Adios to Cigars

- Develop a PLAN
- Show everyone that you can live well without Cigars!

Ready To Give Cigars the Boot?

- National Helpline 1-877-448-7878
- Online guide to Quitting
  www.smokefree.gov/guide/
- The Smoking Lamp is Out
  www-nehc.med.navy.mil/hp/tobacco
- Contact Hospital Tobacco Cessation Program